

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 703072

Course Name: 4-5 Intermediate Physical Education

Grade level: 5

Upon course completion students should be able to:



Standards

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 5.1.L1. Explore different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels and using different pathways in game-like situations.

Non – Locomotor

- 5.1.NL1. Apply non-locomotor skills in various activities and game-like situations.

Body Management

- 5.1.BM1. Perform controlled transfers of weight in a variety of physical activities.
- 5.1.BM2. Combine weight transfer with movement concepts to perform a skill in a game-like situation.

Manipulative Skills

- 5.1.MS1. Apply manipulative skills in game-like situations using various objects.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 5.2.SP1. Apply spatial concepts and combination skills in game-like situations.

Speed, Direction and Force

- 5.2.SD1. Analyze movement situations and apply movement concepts in small-sided practice tasks and game-like situations.

Strategy

- 5.2.ST1. Apply basic offensive and defensive strategies and tactics in activities and game-like situations.

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Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 5.3.PA1. Identify factors that can either motivate or deter people from daily physical activity.

Physical Fitness Knowledge

- 5.3.PF1. Record and review physical activity minutes inside and outside of school to determine progress toward daily recommendation.
- 5.3.PF2. Identify the benefits associated with developing and maintaining health-related fitness.

Nutrition

- 5.3.N1. Analyze the impact of food choices relative to physical activity, sports and personal health.

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 5.4.SW1. Accept, recognize and actively involve others, with both higher and lower skill abilities, into physical activities and group projects.

Rules and Etiquette

- 5.4.RE1. Recognize and follow the established rules, protocols and etiquette in physical education.

Safety

- 5.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.

Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 5.5.H1. Develop a personal implementation plan outlining physical activities and their health benefits.

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Challenge

- 5.5.C1. Express the enjoyment and/or challenge of participating in a physical activity.

Self-Expression and Enjoyment

- 5.5.SEE1. Analyze different physical activities for enjoyment and challenge identifying reasons for a positive or negative response.

Social Interaction

- 5.5.SI1. Describe the social benefits gained from participating in physical activity.

Advocacy

- 5.5.A1. Create strategies on how to encourage others to make healthy physical activity choices.